

# ABSTRACT

5 A plant extract from a medical plant, preferably from *Cimicifuga racemosa*, is produced by treating a solid plant material with an extraction agent, preferably an aqueous alcohol, to obtain an extraction liquid containing the extract dissolved in said extraction agent; separating said extraction liquid from said solid plant material; and concentrating said extraction liquid by at least partially removing said extraction agent to produce a concentrated extract. According to the invention, concentrating the extraction liquid is effected in the presence of an effective amount of a pharmacologically acceptable and physiologically inert solution mediator. This yields a novel extract and avoids loss of constituents of the extract liquid upon concentration thereof.

10 The extract obtained is can be used as a medication capable of binding estrogen receptors as well as progesterone receptors and is effective for treating climacteric and postmenopausal distress.

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